

TIP OF THE WEEK

USING WILD PLANTAIN FOR WOUNDS



**TERTIARY
PREPPER™**



THE PROBLEM

When you have a small wound or sting when no medical care is available.



THE SOLUTION

Find broad or narrow leaf plantain, make a poultice and apply to the wound.

MATERIALS NEEDED

Fresh plantain leaves.

Clean water (if avail.)

Clean bandage.

QUICK STEPS

- 1 Pick leaves from a clean area.
- 2 Chew or crush to activate.
- 3 Apply poultice to wound.
- 4 Bandage lightly for 2 - 4 hours.



THINGS TO REMEMBER

- ✓ Works for minor wounds.
- ✓ Clean wound first.
- ✓ Use fresh leaves.



COMMON MISTAKES

- X Harvesting from sprayed lawns.
- X Applying to deep puncture wounds.
- X Wrapping too tightly.
- X Not seeking medical care.



FIELD NOTES

- ✓ Both species effective.
- ✓ Crush before applying.
- ✓ Replace every 2–4 hrs.
- ✓ Seek care if infected.



TERTIARY TAKEAWAY

Nature often provides the first aid before the pharmacy does, so learn the weeds today before you need them tomorrow.

